

**SUMMER
2024**

**NIKE
DANCE
CAMPS.**





LEARN. DANCE. PLAY.

Residential 1- and 2-week camps in July and August for boys and girls aged 10-17 at Bradfield College, a prestigious UK private school, near London.

Enjoy feel-good fitness and learn moves from around the world with our expert dance instructors from At Your Beat, a leading London dance studio. Students can choose to focus exclusively on dance in the Total Dance programme or take daily English lessons alongside their training. Camps include an action-packed schedule and a diverse mix of nationalities, ensuring students maximise their learning and gain a valuable cultural experience.





CONTENTS

CAMP OPTIONS	04
DANCE TRAINING	05
ENGLISH TEACHING	08
WORKSHOPS	09
VENUE	10
EXCURSIONS	13
LIFE ON CAMP	14
DATES + DETAILS	15





CAMP OPTIONS

Choose from either **TOTAL DANCE** or **DANCE + ENGLISH**.
Both options are available as a 6- or 13-night camp.

OPTION 1

TOTAL DANCE

- Up to 24 hours a week of dance training with At Your Beat
- Up to 8 hours a week of sports-related workshops
- Suitable for all English language abilities except beginners

OPTION 2

DANCE + ENGLISH

- Up to 24 hours a week of dance training with At Your Beat
- Up to 13 hours a week of English Language lessons using an accelerated model of English learning
- Suitable for all English language abilities



ALL CAMPS INCLUDE



DANCE TRAINING
WITH AT YOUR BEAT



24/7
SUPPORT STAFF



ON-SITE
ACCOMMODATION



EXCLUSIVE NIKE
GIFT PACK



SPORTS WORKSHOPS
OR ENGLISH LESSONS



3 NUTRITIONALLY
BALANCED MEALS A DAY



EXCURSIONS TO
CITIES + LANDMARKS



COMPLETION
CERTIFICATE





DANCE TRAINING

360° DANCE

The one- or two-week programme is a roller-coaster journey through different modern styles and techniques. Dance instructors bring the signature At Your Beat enthusiasm and expertise, working towards a final performance at the end of the week showcasing a unique mash-up of all the styles covered.

BE YOURSELF

With a focus on individual expression, creativity and fun, the supportive environment encourages dancers to reach their full potential. Absorbing the energy from each class, dancers leave each session feeling uplifted, with new-found confidence both in and out the studio.

CLASSES

URBAN BEAT

Find your beat with one of the most varied and widely danced styles.

VIDEO BEAT

Dance to iconic music videos and get a glimpse into the world of a dancer!

K-POP BEAT

Fresh choreography dancing to iconic K-pop routines you know and love!

JAZZ BEAT

Time to get serious with clean lines, building a stronger core, learning how to turn, jump and leap!



MEET THE DANCE TRAINERS



AT YOUR BEAT

With studios in London and New York, At Your Beat dance instructors are some of the most respected and charismatic dancers in London, often working with the very artists who inspire the moves.

Nike trainer and founder Joelle D'Fontaine has created the ultimate inclusive environment and flexible curriculum for dancers of all ages and abilities. Working in partnership for 3 years, At Your Beat instructors provide an unforgettable experience in the studio for all students on Nike Dance Camps.



**WE CREATE A FUN
AND INCLUSIVE
ATMOSPHERE.
IT'S ALL ABOUT
BEING YOURSELF
AND CELEBRATING
EACH OTHER.**

– JOELLE D'FONTAINE, AT YOUR BEAT DIRECTOR

TAKING PASSION FOR DANCE INTO THE CLASSROOM



ENGLISH TEACHING

WHAT TO EXPECT




Classes focus on sport, harnessing students' passion for the subject to promote language learning in a fun and interactive environment. Using the CLIL (Content and Language Integrated Learning) model of English, qualified teachers infuse language learning into lively and active classes where sports-based projects, discussions and activities take centre stage.

Teachers guide students to improve their verbal communication skills while discussing legendary sports people and events, interviewing coaches, or writing and speaking their own commentary of a famous sporting moment. Learning is supported by English teachers living on-site and English is spoken at all times throughout the camp, creating an immersive learning environment.

HOW IT WORKS

Students are grouped into classes based on a combination of age and ability. They complete a short online assessment before the camp starts and then speak with a teacher on arrival to ensure they are correctly placed for their level. At the end of the camp, each player receives a written report and advice on how to continue their learning at home.

WHAT'S INCLUDED

-  UP TO 13 HOURS OF ENGLISH LESSONS PER WEEK
-  1:12 TEACHER TO STUDENT RATIO (AVERAGE)
-  INDIVIDUAL REPORT TO TAKE HOME





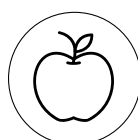
WORKSHOPS

WHAT TO EXPECT

Players taking the Total Sport option follow a series of workshops and recovery activities throughout the camp. They are introduced to a range of topics designed to give a broader view and better understanding of athletic performance, and what it takes to succeed. Recovery exercises, such as yoga, help players manage the workload of training 2 sessions each day.



WORKSHOP EXAMPLES



NUTRITION

WHY WHAT YOU EAT AND DRINK MATTERS



DIVERSITY & INCLUSION

LEVELLING THE PLAYING FIELD AND EMBRACING DIVERSITY



ELITE PERFORMANCE

WHAT IT TAKES TO PERFORM AT THE HIGHEST LEVEL



YOGA

INJURY PREVENTION AND INCREASING FLEXIBILITY



WELLNESS

UNDERSTANDING PHYSICAL AND MENTAL HEALTHY HABITS



ELEVATE YOUR DANCE OUTSIDE THE STUDIO





BRADFIELD COLLEGE READING

LEADING UK PRIVATE SCHOOL WITH MODERN DANCE STUDIO

Located in the heart of the beautiful Berkshire countryside, yet only 45 minutes from London Heathrow, Bradfield College is one of the country's leading private schools, with a reputation for academic and sporting excellence. The College has impressive sporting facilities including a modern dance studio with a sprung floor and natural light.

With its inclusive international environment and inspiring setting, Bradfield College is the perfect home for Nike Dance Camps in the UK.

SUITABLE FOR

- Girls and boys aged 10-17
- All dance abilities





BRADFIELD COLLEGE

THE DETAILS

ACCOMMODATION

Mix of single and shared bedrooms

TRANSFERS

We offer an airport shuttle service from the following airports:

- London Heathrow Airport (LHR) 32 miles / 51km
- London Gatwick Airport (LGW) 60 miles / 96km

EXCURSIONS

ALL CAMPS

- Theme Park or
- Oxford Tour

13-NIGHT CAMPS ONLY

- London Experience

FACILITIES

- Modern dance studio
- Indoor sports centre
- Players' lounge with TV, table tennis and games consoles
- Free Wi-Fi
- Laundry facilities
- On-site camp shop



2024 CAMP DATES

6-NIGHT CAMPS MONDAY - SUNDAY

- 01 Jul - 07 Jul
- 08 Jul - 14 Jul
- 15 Jul - 21 Jul
- 22 Jul - 28 Jul
- 29 Jul - 04 Aug
- 05 Aug - 11 Aug

13-NIGHT CAMPS MONDAY - SUNDAY

- 01 Jul - 14 Jul
- 08 Jul - 21 Jul
- 15 Jul - 28 Jul
- 22 Jul - 04 Aug
- 29 Jul - 11 Aug



**AS A FAMILY
WE'VE SEEN SUCH
A POSITIVE CHANGE
IN OUR DAUGHTER,
SHE IS ALREADY
ASKING TO
GO BACK NEXT YEAR!**

- PARENT, DANCE CAMP 2023



CAMP EXCURSIONS

All camps include exciting excursions, giving players a taste of some of the UK's top attractions.



THEME PARK

EVERY OTHER WEEK

There's something for everyone at England's top theme parks. Adrenaline junkies can ride rollercoasters that go from 0-80mph in under two seconds, while those who prefer to keep their feet near the ground can enjoy smaller rides and traditional fairground activities.

OXFORD TOUR

EVERY OTHER WEEK

Players explore the historic city of Oxford, home to the oldest university in the English-speaking world, with magnificent architecture and academic history around every corner.

LONDON EXPERIENCE

13-NIGHT CAMPS ONLY

Players experience the sights of England's capital city including the famous 'Big Ben' and Buckingham Palace, rounding the day off with the chance to do some shopping.





LIFE ON CAMP

Camps are action-packed with sport, learning and meeting friends from around the world. Here are some useful insights about life on camp and how players are looked after.

ACCOMMODATION

Players stay in boarding houses on campus based on age group, with boys and girls in separate houses. All houses have a communal players' lounge for relaxing during downtime. Some boarding houses have single bedrooms only. Where houses have shared bedrooms, we may be able to accommodate roomshare requests.

DIET, NUTRITION AND HYDRATION

Meals are nutritionally balanced and designed for young athletes. There are a variety of options to choose from, including a vegetarian option. Welfare staff guide each player to ensure they are eating and drinking enough of the right foods during the camp. Coaches ensure players drink plenty of water during training sessions.

WELFARE STAFF

There is a dedicated camp management and welfare team on-site all day and night. They are trained to look after players' wellbeing and are always on hand to help, support and guide campers to reach their full potential.

MEDICAL AND INJURY

A nurse is available each day to monitor illness, medical conditions and dispensation of medication. Further support and advice is provided by an on-call private doctor. Sports therapists or physiotherapists are present during sports sessions in case of injuries and subsequently to advise on recovery.






A TYPICAL DAY

MORNING

-  BREAKFAST
-  MORNING MEETING
-  DANCE TRAINING

AFTERNOON

-  LUNCH
-  ENGLISH OR WORKSHOPS
-  RECOVERY + WELLNESS

EVENING

-  DINNER
-  DANCE TRAINING
-  RELAX + LIGHTS OUT





DATES + DETAILS

BRADFIELD COLLEGE

AVAILABLE CAMPS

TOTAL DANCE

- Up to 24 hrs of dance a week
- Up to 8 hrs of workshops a week

DANCE+ENGLISH

- Up to 24 hrs of dance a week
- Up to 13 hrs of English a week

6-NIGHT CAMPS MONDAY - SUNDAY

- 01 Jul - 07 Jul *
- 08 Jul - 14 Jul
- 15 Jul - 21 Jul *
- 22 Jul - 28 Jul
- 29 Jul - 04 Aug *
- 05 Aug - 11 Aug

13-NIGHT CAMPS MONDAY - SUNDAY

- 01 Jul - 14 Jul
- 08 Jul - 21 Jul
- 15 Jul - 28 Jul
- 22 Jul - 04 Aug
- 29 Jul - 11 Aug

DESIGNED FOR

- Girls and boys aged 10-17
- All dance abilities

EXCURSIONS

- Oxford Tour (weeks with*)
- Theme Park Experience (weeks without *)
- London (13-night camps only)





BOOK A DANCE CAMP TODAY.

SPEAK TO YOUR AUTHROISED AGENT.



Euro Sports Camps is a trading division of CMT Learning, specialising in residential camps that combine high quality English language teaching with sports coaching to accelerate learning, sporting development and self-belief. CMT Learning works with the world's top clubs, federations and coaches, together with advice from sports scientists and English language specialists.

© 2023 Copyright CMT Learning Ltd. All rights reserved. Nike and the Swoosh design are registered trademarks of Nike, Inc. and its affiliates and are used under license. Nike is the title sponsor of the camps and has no control over the operation of the camps or the acts or omissions of CMT Learning.